

NUTRITION NOTES

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Commodity Supplemental Food Program (CSFP)
Division of Food Distribution

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American Diabetes Month November is American Diabetes Month!

Did you know that diabetes and heart disease are linked?



During American Diabetes Month this November, the American Diabetes Association together with the American College of Cardiology are working to increase awareness of the link between diabetes and heart disease.

People with diabetes are at high risk for a heart attack or a stroke. Their heart attacks tend to be more serious and can happen early in life. In fact, two out of three people with diabetes die from heart disease or stroke. Both women and men are at risk.

Fortunately, there is a lot you can do to reduce your risk for heart disease and stroke.

How to Reduce Your Risk

- ✓ Lose excess weight.
- ✓ Exercise regularly.
- ✓ Eat a low-fat, well-balanced diet.
- ✓ If diabetes runs in your family, get tested for the condition each year.

The most common type of diabetes in adults is Type II, or insulin-dependent diabetes. Normally, sugars and starches are turned into glucose (a simple sugar) during digestion. Insulin, which is produced by the pancreas, feeds the glucose to the cells until blood sugar levels fall. With diabetes, insulin may not be present or does not work properly.

Know the Warning Signs

- Increased thirst
- Extreme hunger
- Frequent urination
- Tingling, burning or numbness in feet and hands
- Frequent vaginal or skin infections
- Unexplained weight loss
- Slow-healing cuts, especially on feet
- Itching
- Fatigue
- Blurred vision
- Changes in weight
- Impotence

Treatment of Type II Diabetes

Diabetes cannot be cured, but it can be successfully treated. Weight control is important for lowering blood sugar levels. Gradual weight loss is most successful. Sugar intake should be kept at a minimum. Eating a low-fat, high fiber diet that includes whole-grains, lean meats, fruits, and vegetables is a key part of treatment.

Exercise is an important component for managing diabetes. It boosts the metabolism, aids in weight loss, and helps the body use insulin more effectively.

Recipes:

Charlie's Corn Casserole

American Diabetes Association

Number of Servings: 8

Serving Size: 1/2 cup

Ingredients:

- 1 8-oz. can creamed corn
- 1 cup canned whole kernel corn, undrained
- 2 tsp sugar
- 1 cup egg substitute
- 6-1/2 oz. pkg corn bread mix
- 1 Tbsp canola or corn oil

Preparation Instructions:

1. Heat the oven to 350 degrees F.
2. In a large bowl, mix all the ingredients together; including the liquid from the corn.
3. Pour the batter into a nonstick loaf pan and bake for 45 minutes or until puffed and golden.

Exchanges Per Serving: 2 Starch

Nutrition Information / Amount per serving

Calories 156

Calories From Fat 25

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 337 mg

Total Carbohydrate 29 g

Dietary Fiber 2 g

Sugars 9 g

Protein 6 g



Cabbage Patch Casserole

American Diabetes Association

Number of Servings: 2

Serving Size: 1/2 recipe

Ingredients:

- 1 cup lean pork, canned, rinsed
- 1/4 cup pearl onions, frozen
- 1 cup cooked rice
- 2 cups ready to use prepared cole slaw greens
- 1 Tbsp cider vinegar
- 8 oz tomato sauce, no salt added
- 1/8 tsp black pepper
- 1/4 tsp caraway seeds

Preparation Instructions:

1. Heat oven to 350 degrees F.
2. Spoon meat into small nonstick casserole dish and top with onions, then rice, and then cabbage.
3. In a small cup, combine vinegar, tomato sauce, and pepper. Pour liquid over items.
4. Sprinkle with caraway seeds.
5. Cover and bake 30-45 minutes or until cabbage is tender.

Exchanges Per Serving:

1 1/2 Starch

3 Very Lean Meat

2 Vegetable

1/2 Fat

Nutrition Information / Amount per serving

Calories 289

Calories From Fat 40

Total Fat 4 g

Saturated Fat 2 g

Cholesterol 65 mg

Sodium 92 mg

Total Carbohydrate 33 g

Dietary Fiber 2 g

Sugars 8 g

Protein 27 g

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